

State of Vermont

Department of Health

Children with Special Health Needs

Newborn Screening Program

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Agency of Human Services

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**TWINS:**

**D.O.B.:**

**MOTHER:**

Dear Primary Care Provider,

The Vermont Newborn Screening Program has received initial filter paper newborn screening specimens on the same-sex twins named above. **We suggest that you obtain repeat filter paper specimens on all same-sex twins at 21 - 25 days of life.**

Several cases of "late-developing" congenital hypothyroidism in one of a pair of same-sex, monoamniotic twins have been identified by the New England Newborn Screening Program. T4 and TSH concentrations on the initial filter paper blood specimens from the affected twin were normal or equivocal. Results of repeat testing, either as follow-up of equivocal results or because of clinical signs of congenital hypothyroidism at several weeks of age, were clearly indicative of congenital hypothyroidism. The presumed cause of the initial normal or equivocal results is transfusion of T4 from the euthyroid twin to the hypothyroid twin.

If there has been a twin-to-twin transfusion, the thyroxine level in the hypothyroid twin may decrease to abnormally low levels by 21 – 25 days of age. Since it may be difficult to determine whether same-sex twins were monoamniotic, we are recommending repeat screening for all same-sex twins between 21 and 25 days of age. Please call if you have any questions.

Sincerely yours,

Cynthia L. Ingham, RN, BSN  
VT Newborn Screening Program Chief

*Revised May 2016*